



caducean

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In Brief

Salute Not Required

The two main covered entrances to the hospital are now no-salute areas. The old policy was changed since these areas are covered and are places where patients and staff frequently gather.

Eat Right

March is National Nutrition Month. The Nutrition Care Division has planned some special meals, including low-fat desserts.

New Medical Library Open

By Mabel Trafford,
Medical Librarian, Medical Education
Center Coordinator

The Medical Library has gone from old brown floor tiles to new gray carpet. The hot, dusty breezes blowing through the library are gone, replaced by soothing, cool air conditioning. No more glaring overhead fluorescent lights -- now there is lighting designed for reading.

Some of you may miss the old Medical Library, but most visitors to the newly renovated space on the 11th floor seem impressed, awed and inspired to sit down and study.

The newly renovated library has been expanded to over 10,000 square feet, an increase of 6,000 square feet over the old library. The installation of compact shelving will give the medical library 20 years of growth, and as medical knowledge-based information is being digitized at an ever-increasing rate, this can be considered an infinite growth capacity. The ribbon windows enhance the learning environment with breathtaking views in every direction.

After the new phone system is installed, the Medi-

cal Library will be able to move its computer systems up to the 11th floor. There will be two Macintosh computers and seven personal computers available to access the SilverPlatter medical and nursing databases. In addition, the library's book catalog and several other databases will be available, including full-text sources such as Scientific American Medicine and Stat-Ref Primary Care Library.

Currently, the library staff is balancing their time between the old and new locations while waiting for permission to complete the move.

Four years ago, Tripler received funds to renovate the Medical Library on the 11th floor and create a Medical Education Center on the 10th floor. In April 1994, the Medical Library put half of the collection in storage and moved into temporary quarters on the 9th floor of Wing C, a former patient ward. With all the library computers in one patient room and about 15,000 books and journals crammed into 11 patient rooms, library staff had many challenges to face. Library customers couldn't use journals after dark since the patient rooms had no lights.

Editor's note: Look for more coverage of the new facilities in upcoming editions of the Caducean.

Soldiers Face Delays in Promotion to Specialist

WASHINGTON (Army News Service) — Soldiers looking forward to early advancement to Specialist may be disappointed with new guidelines from Office Deputy Chief of Staff for Personnel.

New guidelines have been issued to control the overstrength of Specialists across the Army.

Advancements with a time-in-service waiver to E-4 were originally frozen in December, 1995 because of an Army-wide overstrength at the specialist level. The freeze was originally to be four months and was to be supplemented by a 90-day early out program for specialists not planning to reenlist. The early out program was canceled because of concerns over the Bosnia deployment and instead, management of the time-in service waiver was extended until Sept. 30, 1996, according to Master Sgt. William Hursh, personnel policy integrator, Office of the Deputy Chief of Staff, Personnel.

"The freeze itself will be lifted on Sept. 30, this year," said Hursh. "The number of waivers allowed

each quarter will be set by (the Department of the Army) to ensure 102 percent E-4 strength across the Army by the end of this fiscal year and 100 percent strength by the end of fiscal year 1997."

Additional changes to advancement to specialist are:

- The waiver percentage used to calculate specialist waiver promotions will be adjusted quarterly by the Dept. of the Army. Future specialist waiver percentages will be published in the monthly Department of the Army cutoff score memorandum.
- Calculations for specialist waiver will be based on current unit authorizations (based on assigned strength). Specialist waiver calculations will be consolidated at the battalion level, or separate companies that act as a parent unit and don't report to a battalion level unit.
- Battalions and separate companies may promote to the specialist waiver percentage established by the Dept. of the Army. Additionally, com-

manders of waiver computing units with fewer than 10 specialists authorized and no soldiers serving in the waiver zone, may promote one soldier with a waiver after the freeze is lifted on Sept. 30, 1996.

- The 18 month time-in-grade automatic waiver to grade E-4 is now eliminated. These soldiers will now compete in the 18 to 26 month waiver zone with all other soldiers for advancement to specialist.
- Privates first class over 26 months time in service, or any other soldier reduced to private first class must be fully qualified (without a waiver) for advancement to specialist. The waiver advancement to specialist that allowed commanders to advance soldiers when there are no waiver allocations in the advancement month or the previous two months is now eliminated.
- The continuing waiver freeze is required to meet fiscal year 96 budgetary constraints and reduce the overstrength in the specialist ranks.

Letters to the Editor

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Talk back. Write now.

Fellow Members of the Army Family:

The extended Army family lost one of its sons, Zuberi McKinney, on March 6. The eighteen-year-old son of Sergeant Major of the Army and Mrs. Gene C. McKinney died as a result of severe injuries suffered in an automobile accident February 19, 1996. He was a freshman at Florida A & M in Tallahassee.

Although no words can ease the burden of grief, we hope that Sergeant Major and Mrs. McKinney find comfort in knowing that Zuberi's friends around the Army and at Florida A & M held him in high regard. His friendship and great character will live on in the hearts of all those who knew him.

On behalf of the entire Army, we extend our deepest sympathy to the McKinney family and continue to keep them in our thoughts and prayers.

Dennis J. Reimer
General, United States Army
Chief of Staff

Togo D. West
Secretary of the Army

Editor's Note: The family has requested that in lieu of flowers, donations be made in memory of Zuberi A. McKinney to the Ronald McDonald House, 712 E. 7th Ave, Tallahassee, Fla, 32303

Thoughts of Gratitude

I was recently a patient in our magnificent hospital, and now I know from a customer's point of view what a great place Tripler Army Medical Center is. But most of all, I've seen what a wonderful staff we have, military and civilian, taking care of our customers throughout the Pacific. My sincere appreciation to all who were so kind with the smile, the care, and the support from the time of my clinic visits, to my admission, to my discharge. May God bless you all. Hooah!

Martin Pate, III
Command Sgt. Maj.
Tripler Army Medical Center

Net.Surf

.....
Caducean guide to the World Wide Web.

Health Care

Medical Matrix at www.kumc.edu:80/mmatrix is a comprehensive guide to Internet clinical-medicine resources. The World Health Organization at www.who.ch offers a vast amount of information from the international body famous for its work, and the National Library of Medicine at www.nlm.nih.gov offers access to the largest holding of information on a scientific or professional topic.

Just for Fun

Enter the Bubblesphere at www.bubbles.org to find out everything you ever wanted to know about soap bubbles. Learn how to make your own bubble-blowing tools and solutions. A tutorial on how to encapsulate someone inside a soap bubble is included.

Feedback

Changing Style

Newspaper design is a matter of personal style. The normal procedure for starting a newspaper would include consultation between the newspaper's owner, graphic designers, artist, editors and writers.

A long trial and error process would continue until everyone involved was happy with every spot on every page. Only after this tedious process would the newspaper go to print.

The luxury of a long design process is a luxury I can't afford.

Caducean readers will notice style changes between this issue and the last, and that's something you rarely see in a newspaper. Editors normally don't want a change since readers expect a common interface after becoming a

regular consumer of the information offered. Changing your newspaper design and layout risks leaving readers confused — something no editor wants.

Caducean readers can watch the process of finding the right design right before their eyes as I experiment with different ideas every month. With the upcoming inclusion of photographs for every issue, you can expect even more change.

One rule I haven't broken yet is the dreaded changing of the flag, the part on the front page that has the name of the newspaper. Changing a newspaper's flag after it has premiered is often seen as a big mistake in the commercial world, but it may happen here.

Another interesting aspect of newspaper design is the use of desktop publishing. As an

editor, I now have hundreds of ways to fine tune the newspaper design. The list of computer software created to communicate through graphic design would likely fill this whole issue. I have the right tools after narrowing down the choices to the tried and true software, but I'm just beginning to learn how to take advantage of this new arsenal of programs.

As I hunt and peck through complex manuals, workbooks and endless type menus, I hope to find a design we can all be happy with.

The mission is to provide timely and accurate information in an easily-read format. Hopefully, all design goals will be reached soon, and you'll find a familiar style every issue.

--from the Editor.

Getting Wired

Is it time for you to buy a computer and get on line?

By James Campbell,
Editor

Users of the Internet and World Wide Web are quick to tell you it will revolutionize the world. One can hardly pick up a magazine or turn on the television news without seeing something about surfing the 'Net or getting on line. If you are wondering what all the fuss is about, there's only one way to find out for yourself. Get on line.

That may be a tall order for some. A small percentage of American homes have a computer capable of navigating the Internet, but I think most of you can remember when few had video cassette recorders because of their ini-

tial cost and complexity.

If car prices and performance had shown the same response to market forces as computers have over the last ten years, you could theoretically buy a luxury car that would also do well at the Indianapolis 500 for less than the current price of a moped. Computer performance has doubled about every 18 months over the last decade while the prices have continued a downward spiral.

Connection fees for online access have also recently fallen as more diverse companies enter the fray. Your telephone company, cable company and the scores of Internet access providers are all gearing

up to provide you with the least-expensive, high-speed digital connection possible. Again, it's a consumers market.

Buying a home computer is a tough decision given the myriad of choices. Good advice for a computer purchase is the same as making any other major purchase. Research the technology. Talk to the experts, and your friends who have a computer. Make sure your budget can handle the price.

Are the Internet and World Wide Web good enough reasons to spend your hard-earned money on a computer? In my opinion, yes. Is now the best time to buy? That's a decision only you can make.



Commander: Brig. Gen. Warren A. Todd, Jr.
Public Affairs Officer: G. A. Vidis
Editor: Staff Sgt. James Campbell

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JCAHO: A Job Well Done

As I begin my tour as the new Commander of Tripler Army Medical Center, the Pacific Health Services Support Area, and Lead Agency, Region 12, I am compelled to pay special tribute to the previous commander, Col. Frank Smith, to his deputies, and to all the staff at Tripler for your marvelous performance during the past Joint Commission visit. I am unaware of any Federal, or for that matter, any civilian hospital of this size to score a 99 on the Joint Commission's "score card." I commend you for your team work and for the effort you put forth to achieve such an honor.

I, and of course my entire family, are absolutely delighted to be here in Hawaii and to have the opportunity to serve this military community and the entire Pacific Rim. To be chosen to lead this prestigious organization is a tremendous honor, an honor actively sought after by many. This organization has a reputation within the

military medical community that is unmatched. It is a reputation earned by hard work and by dedication to the concept of providing our patients, our customers, the very best while simultaneously taking the lead in medical readiness. I shall continue this tradition and will, on a regular basis, keep reminding all of you our patients are the reason for our existence.

Over the next few months I will have the opportunity to share with each of you who read this column (and hopefully pass the information on to others) some of my thoughts on topics such as managing change, customer focused total quality, team building, and training in a managed-care environment. I hope my thoughts will be provocative and that each of you, when provoked, will find the time to share your thoughts with me.

Again, congratulations on the Joint Commission visit.

Learning to See Past the Surface

Walking the corridors of Tripler can be rewarding. The art work that decorates our walls can capture your eye with contrast, color, and calmness. Some stop and gaze, others walk but catch them with sideways glances, and still some of us just keep walking, to get somewhere else in a hurry.

We can catch the same effect in looking out a window to take in the shoreline that more of us look at than visit. Dashing to our vehicles for home we might feel the wind or curse it as it blows us from our path. Ignoring those obvious attributes of nature and creation becomes an easy task in a busy environment.

Faces, like everything else, can be looked at and not seen. Rushing through our

hallways, at the mall, or even at home, you're surrounded by them. Yet, they might as well be balloons at a party for all we notice them individually. Occasionally one of them may catch your eye for a moment, but are soon discarded with the overload. People without personalities, without histories. There is nothing to remember them by. They are anonymous strangers. As far as you are concerned, they simply don't matter.

Stopping at our knowledge of that person would be tragic. That unnoticed face matters enormously to at least one other person somewhere. The retired and tired soldier looking out the door from his room, the wheelchair-bound woman with a smile that defies reason, and the young child

clinging to parents with fear. These are those we can daily encounter in the confines of Tripler.

We can see ourselves reflected in the eyes of many we rendezvous with daily. There's hardly a face you encounter you couldn't manage to see with a *different* pair of eyes under the right circumstances. Look with eyes that see the real story of the person. It's like looking closely at a painting, it's detail, depth, and design. What did the artist have in mind as we wear our faces out in public?

Some we perceive as just another face in the crowd will benefit from our attention. To be noticed and recognized is the highest compliment. Realizing we are all created equal by our Creator, in the image of

God, could help to focus our view upon the other person. Differences can easily be put aside in view of all the similarities. For we too could easily be in the same circumstances as anyone we see.

I see many who stop what could be faceless strangers, with the look of being lost, and in turn, are helpfully rerouted. We are a care-giving group of people of the highest order. Our patients get the best medical attention that is possible, by the best doctors, nurses, and staff possible. So the next time you're rushing to places unknown, slow down and see the face that is a part of all of us.

Editor's Note: Be sure to check the Chapel's Holy Week schedule on page eight.

'Freedom Ain't Free' Commentary

As an inspiration from our events during our Black History Month recognition and celebration, and with March being Women's History Month, I decided to address the fact that "freedom ain't free." This is a subject that has been written on, and talk about for generations. But it seems that as each day goes by people seem to forget about the many sacrifices that have been made, and the ones that are still being made to preserve freedom for our great nation and its citizens.

We have become a complacent society who takes so many things for granted. Each time I address the subjects of freedom and democ-

racy, I think of our current Congress and how misunderstood the members are about our military responsibility and the role that the Department of Defense has played in their success and the success of their fathers, grandfathers, and as far back as they can remember.

I would like to take each new member of Congress and put them in formation, march them through Arlington Cemetery and past the Tomb of the Unknown Soldier, and then to the the Vietnam War Memorial. They will see the tombstones and names of some of the men and women who have made the ultimate sacrifice for the cause of freedom. They

will realize that we are the great defenders of our United States of America and indeed recognize the fact that "freedom ain't free". What I feel in my heart is not anger. It is a deep desire for the members of our DoD, military and civilian, past and present, to get the recognition they deserve for the job they do protecting our nation.

Every time I pick up the Army Times or one of the news articles from the Association of the United States Army or Non Commissioned Officer's Association, all I seem to read is gloom and doom when it comes to resources to do our mission. It could be downsizing, or the

politically correct term of rightsizing. Maybe it is the elimination or cutback of military programs, a cut in retirement or shrinking veterans' benefits. We are such easy targets. Can we continue this and expect to recruit the best possible people to maintain readiness, and ensure that freedom prevails throughout our society?

We need to ensure that we are part of the education process to make Congress, and other key personnel aware of our value to the nation, and the fact they are obligated to us, just as we are obligated to the American people. We must constantly remind them that "freedom ain't free."

Commander's Call

By Brig. Gen.
Warren A. Todd, Jr.

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Pulse of the command.

Spiritual Fitness

By Maj. (Chaplain)
Ronald L. Smith

.....

Keep the soul in shape.

Pate's Corner

By Command Sgt. Maj.
Martin Pate, III

.....

Top NCO shares thoughts.

Army, Air Force Exchanges Develop New Cards for Deferred Payment Plan

WASHINGTON (Army News Service) — The Army and Air Force Exchange Service is planning to release a new Deferred Payment Plan card worldwide to customers in April.

“This is a natural extension of the existing DPP program and not a new credit plan,” said AAFES Commander Maj. Gen. Doug Bunker. “With the new card, customers will no longer have to use their social security numbers on their identification cards to make charges. They’ll simply present their DPP card as they would any other charge card.”

The DPP card, provided to customers at no cost, will have no service or maintenance fee associated with it. Customers and authorized dependents who currently have DPP accounts in good standing will receive the card.

On Feb. 1 of this year, AAFES mailed account holders update forms requesting they verify the existing account data identified on the form. The form states that authorized users will need a card to make future charges and requests specific information be provided on the authorized user.

Account holders who do not return the forms, or who fill them out improperly, may experience delays receiving their cards. This may also result in authorized users who may not have access to a sponsor’s account after the initial implementation period. If authorized

users are not identified on the update form, sponsors can provide that information at the customer service desk at their local exchange.

“Issuing the new DPP card is the second phase in enhancing DPP to provide our customers with the same capabilities as other private label cards,” said Bunker. “The first phase was the implementation of the new credit application software.”

The machine readable card, which looks like any other charge card, is only accepted in AAFES and Marine Corps facilities worldwide.

“It can be used for both DPP and UCDPP (Uniform Clothing Deferred Payment Plan) purchases,” added Bunker. “If a customer only has a UCDPP account, they will still be issued a card.”

For a short time after the initial implementation of the DPP Card, customers can continue to use their identification cards to make DPP and UCDPP purchases. This will allow time for all current account holders to receive their new cards.

“After opening a new account, customers will receive a temporary authorization that will allow them to make charges until their plastic card arrives in the mail,” stated DPP Marketing Manager, Maj. Reginald Jones. “Activation of the plastic card will be required before it can be used. Customers will need to wait 24 hours before using the card to ensure our system has

had time to properly validate the account.

“An advantage of the new DPP card is that access to a service member’s Social Security Number is limited, and if the card is lost or stolen a telephone call to the DPP central office at 1-800-826-1317, can get the card deactivated immediately,” added Jones. “We want to provide the best possible service to our customers with DPP cards.”

The distinctive card features the DPP logo centered over the U.S. flag. It has a magnetic strip on the back that contains information about the card holder’s account. There is also a place for the authorized signature of the card holder.

“It’s important for the card holder to sign the back of the DPP card,” said Jones. “It’s also important to ensure that the magnetic strip stays clean and undamaged. The strip is the key factor that makes using the card so quick and easy to use.”

Only accounts in good standing will receive the new DPP card. Customer accounts in delinquent or collection status will not get a new card until they are in good standing. “We hope to keep inconvenience to a minimum during the break-in period for the new card,” stated Jones. “This card is one more step for AAFES DPP in equaling industry standards.”

From an AAFES Public Affairs news release

H.E.L.P. Course Offered

The Health Emergencies in Large Populations, H.E.L.P., course for 1996 is a three-week course designed to train experienced health professionals in appropriate response to a disaster or complex emergency, such as the Bosnia deployment.

The course has eight interrelated components, covering things most encountered in relief efforts and emergency or disaster situations. The topics are: planning, food and nutrition, environmental health, communicable diseases, health services, epidemiology, coordination, and international humanitarian law.

At the conclusion of the course, participants should be able to plan and carry out a general or specific assistance program and provide emergency medical care and protection of victims, supervise relief efforts in the field, and ensure a coordinated relationship between all agencies involved in relief efforts.

H.E.L.P. is only offered six times a year at different locations around the world. The only United States location for the course this year is at the East-West Center on the University of Hawaii campus from April 29 - May 17.

Interested health professionals should contact the Center of Excellence in Disaster Management and Humanitarian Assistance at 8362110 for more information. The course is limited to only 25 participants, but there are still a few slots reserved for Hawaii health personnel.

TRICARE Conference Helps Define Common Defense Department Goals, Plans

by Harry Noyes

U.S. Army Medical Command Public Affairs

People at this year’s national TRICARE conference talked less about the bureaucratic nuts-and-bolts of setting up a TRICARE system and more about customer service, health promotion and marketing.

That focus held true in formal speeches, audience questions and informal hallway discussions alike, according to Col. Mary C. Gwaltney, Medical Command Managed Care chief. Gwaltney attended the Jan. 22-25 meeting in Washington, along with more than 1,100 other managers and professionals from all levels of the Military Health Services System. The new emphasis suggests that military health-care managers are confident they have put the basic mechanics of TRICARE into place and can now “get to the good part” — using the new system to improve care.

Gwaltney said the customer-service flavor of the conference was best reflected in an address by the Chief of Naval Operations, Admiral Jeremy M. Boorda. “What you kept hearing was a focus on the people who use us ... a concern that they be well served,” Gwaltney said. “There was concern that we

meet the needs of the line, in terms of understanding what TRICARE offers for individual service members and for readiness.”

Goals identified by TRICARE regional lead agents put customer service and marketing at the top of the priority list, Gwaltney said. The Defense Department marketing office is running fast, developing products for lead agents to use, Gwaltney said.

Other noteworthy features of the conference, according to Gwaltney, included: a high level of tri-service interaction at the conference; a lot of evidence from lead agents that tri-service coordination within the TRICARE regions is very good; and, positive feedback on TRICARE from other agencies, like Congressional staff and Budget Office.

While they continue watching various areas of concern, these agencies have found no major problems and all are supportive of TRICARE. A concern however, was the often-voiced question about what will happen if Congress does not approve Medicare subvention to finance military care for retirees over age 65, currently are not eligible for TRICARE enrollment. No one could predict the fate of subvention bills currently before Congress.

Telephone System Changes Soon

Dialing won't be the same after upgrade

The hospital telephone system change is scheduled for March 29, beginning at 4 p.m. The contractors will be changing out telephone equipment over the weekend following the activation of the new system. Points of contact have been assigned from the Tripler departments to assist in disconnecting the old telephones from the wall outlets in their area and accessing their areas in the hospital to install new phones.

The project leaders are asking all users and their designated department points of contact to disconnect their old telephones from the wall outlets in their area prior to leaving Tripler on the day of the switch. The points of contact will be verifying this has been accomplished in their areas. Due to the type of equipment used on the old system, all of them need to be physically disconnected from the wiring prior to turning on the new system. *It is very important that these phones get disconnected*

How to Dial

Dialing within the hospital is changing from dialing 7 and the last four numbers to dialing 3 followed by the last four numbers. Dialing Tripler from outside the hospital remains the same -- (808) 433 and the last four numbers.

To access any other military base on the island, dialing changes from dialing 9 first to simply dialing the seven digit number.

To access local commercial locations, dialing changes from dialing a 9 first to dialing 99 followed by the seven digit number.

To access long distance within the United States including the outlying Hawaiian islands dialing changes from dialing 9, followed by the area code and number to dialing 98, the area code and the number.

To access long distance international locations, dialing changes from dialing the international dialing code to dialing 95, international code and the last four numbers. For example, when dialing Japan, you would

dial 95-011-81-311, followed by the rest of the number.

To access toll free numbers, dialing changes from 9 followed by the 800 number to dialing 99 followed by 1-800 and the number.

To access Defense Switched Network, commonly referred to as DSN, dialing changes from dialing 85 first to dialing 94 followed by the numbers. After the switch, an example of dialing a mainland DSN number would be 94-312, followed by the rest of the number.

Important numbers to remember after switch cut over include:

- | | |
|---------------------------|----------|
| • Military Police | 438-7114 |
| • Tripler Provost Marshal | 3-6671 |
| • Fire Department | 3-7117 |
| • Ambulance | 3-5700 |
| • Emergency Room | 3-6629 |

Trouble Desk

Beginning on March 29, a trouble desk will be available here. This team of government and contractor personnel will take telephone calls from the customers and resolve any wiring or new switch related problems encountered during the transition to the new telephone switch. If after March 29 you have a problem with using your telephone, call 3-5800.

Before the new system is activated, department points of contact will be meeting for final instructions. Pamphlets will be available to help guide users through the new system. More information and any changes will be posted on the Composite Healthcare Computer System electronic mail.

Schofield Barracks Medical Clinic is scheduled to change to 433-prefix numbers on May 10. Additional information regarding this transition will be published at a later date.

Article prepared by the Information Management Division.

What to dial and when to dial it

When dialing within the hospital, dial 3 followed by the last four numbers. Dialing Tripler from outside the hospital remains the same -- (808) 433 and the last four numbers.

When calling any other military base on the island, simply dial the seven digit number.

If you call local commercial locations, dial 99 followed by the seven digit number.

To access long distance within the United States including the outlying Hawaiian islands dial 98, the area code and the number.

When calling international locations, dial

95, the international code and the last four numbers. For example, when dialing Japan, you would dial 95-011-81-311, followed by the rest of the number.

To access toll free numbers, dial 99 followed by 1-800 and the number.

Making calls on the Defense Switched Network, commonly referred to as DSN, is as easy as dialing 94 followed by the numbers. After the switch, an example of dialing a mainland DSN number would be 94-312, followed by the rest of the number.

Racists at Fort Bragg Identified, Punished

Low numbers indicate problem exception rather than rule

FORT BRAGG, N.C. (Army News Service) — In December, the 82nd Airborne Division initiated an investigation that identified 22 soldiers as being allegedly involved in skinhead activities.

The following information summarizes the actions taken against these 22 soldiers. Only nine of the identified soldiers were suspected of holding extremist views. They are all believed to be racist (neo-Nazi) skinheads. Three of those nine soldiers are in civilian confinement, awaiting trial for murder and conspiracy. One is facing a court-martial for an April 1995 shooting incident.

The remaining five soldiers are receiving nonjudicial punishment. This punishment ranges from rank reduction, pay forfeiture, restriction, and extra duty. All nine of these soldiers alleged as racist skinheads will face possible separation from the Army.

Thirteen soldiers identified in the investigation are not suspected of being extremists. Two were former racist skinheads, but allegedly quit. One of those soldiers is being separated from the Army for other misconduct; the other soldier has been counseled, reprimanded in writing, and barred from reenlisting.

Another five of the 13 soldiers are suspected of being Skinheads Against Racial Prejudice. SHARPS are not extremists but are prone to fight with racist skinheads. All of these soldiers have been counseled and barred from reenlisting. Two of the soldiers also received Article 15 punishments for other misconduct; the other three soldiers received written reprimands.

The remaining six soldiers were only nominally associated with skinheads. One soldier received an Article 15 for misconduct related to the April 1995 shooting. One soldier was the shooting victim. One soldier was already being separated for other acts of misconduct. The remaining three soldiers were counseled, with no further action required at this time.

A follow-on investigation required the division to recall one former division soldier from a military school. Suspected of being a racist, he was reassigned to division, counseled and barred from reenlisting.

Secretary of the Army Togo West ordered an Army-wide study of racial attitudes and extremist group involvement after the incidents at Fort Bragg. Hawaii units were polled in February, and the Pentagon is expected to release the study's results soon.

Adapted from an 82nd Airborne Division Public Affairs Office news release.

clip and save

clip and save

Managed Care Requires Continued Focus on Prevention

By Lt. Gen. Alcide M. LaNoue
Commander, U.S. Army Medical Command

Army Medicine's renewed emphasis on health promotion and preventive medicine deserves explanation because of their critical importance to our future. The reasons that preventive efforts may determine our success or failure as a comprehensive military health-care system fall into two broad areas.

The first involves our foremost mission: deployment for military contingencies, such as the current case in Bosnia. The key to keeping soldiers medically fit to do their jobs during a deployment is to keep them healthy to begin with. No health problem — whether it's physical, mental or dental — is likely to improve during the stress and hardships of deployments to harsh environments like Saudi Arabia, Somalia, Haiti, and Bosnia. Unfortunately, these places, with little or no intact infrastructure, are where we usually have to go.

The Army seldom, if ever, goes to vacation resorts. This fact makes it imperative that our soldiers are as healthy as possible before they go, and that we do everything possible to keep them that way. Some of the ways we do that are by ensuring clean water for drinking and bathing, wholesome food, appropriate clothing for the climate and their work requirements, immunizations and inoculations against disease threats, protection against environmental pollutants, and insect and vermin control.

The Army has world-class doctors, scientists, and technicians

who have done an excellent job in all these areas. We can see the evidence of their good work in the low disease and non-battle injury rates we have experienced in recent deployments.

The irreversible implementation of managed care is the second area in which health promotion and preventive medicine are increasingly important. It is a simple economic fact that it is almost always less expensive to keep someone healthy than it is to treat them after they have become ill. For example, the cost of helping our soldiers or their family members to stop smoking is far, far less than the cost of long-term treatment of emphysema or lung cancer, not to mention the costs of lost productivity and human suffering.

Some of the worst health disasters that can befall us are the results of poor life-style choices. Examples are abundant: heart disease and diabetes from obesity and lack of exercise, crippling permanent injuries from failure to use seat belts or motorcycle helmets, HIV infection from unsafe sexual practices or IV drug use, cirrhosis of the liver from chronic alcohol abuse. The list is tragically long, especially since much of it can be avoided. With increasing pressure to control health care costs, we just cannot continue this way.

We have a humanitarian need to stop the tragic effects of serious illness. We have an economic need to be more accountable for the taxpayers' dollars over which we are stewards. And we have a military need to make our soldiers the healthiest force in the world.

Hot Topics

Follow up on the top issues here and around the Army.

Single Soldiers Meet, Identify Concerns

The BOSS program provides an improved quality of life for single soldiers in the 25th Infantry Division (Light), U.S. Army Hawaii Units, Tripler Army Medical Center, and other tenant units by addressing issues important to single soldiers. Barracks conditions, recreation opportunities, entertainment, sporting activities, transportation, community involvement and communication with leaders are issues frequently addressed through the BOSS program.

The Executive Council from the various BOSS programs in Hawaii held a conference March 5 - 7 to address these key issues with local military leaders, activity directors and representatives from major commands. In this setting, the group was able to freely discuss issues concerning single soldiers with the people who could offer explanations from their prospective area.

There were many issues affecting single soldiers in Hawaii, but the group narrowed the list to five top issues:

- Unequal treatment
- Lack of communication.
- Living Environment.
- Lack of support for the BOSS program.
- Lack of specific and standard policy letters.

We discussed these issues for three days determining the scope of the problem and our recommendations. These issues were briefed to Maj. Gen. John J. Maher, commander 25th Infantry Div. (Light) and U.S. Army Hawaii and Command Sgt. Maj. Robert Steele, Command Sergeant Major, 25th Infantry Div. (Light) and U. S. Army Hawaii, as well as hospital and Troop Command leaders here.

Contact BOSS staff at 655-8169 for meeting and event information.

Tongue Piercing

Experts say dangerous fad has shown up in Army Dental Clinics

Piercing tissues in and around the mouth with rings and other metal objects is a popular way to display cultural, group and sexual identity. Army dental clinics have noticed an increase in patients with pierced lips, cheeks, tongues and noses.

The Academy of General Dentistry warns that piercing of the tongue, cheek and lips can cause painful, damaging and even fatal consequences, Army dentists say. It can affect eating habits, promote malnutrition or anemia, even change a person's demeanor.

Dentists urge people who have metal objects in these sensitive areas to discontinue them to avoid possible permanent damage.

Cheek damage can occur when objects harm cheek tissue and fracture or otherwise damage teeth.

Objects piercing the tongue may sever nerves, cause permanent numbness, loss of taste and loss of movement. Also, the tongue contains many blood vessels, and piercing may cause persistent bleeding or a blood clot. A blood clot could produce a life-threatening stroke.

Pierced lips may stay inflamed and swollen. Damage to salivary ducts may cause permanent drooling.

Article released by U. S. Army Dental Activity, Fort Hood, Texas based on information from Academy of General Dentistry.

BOSS Speak

By Sgt. Dianne Follis,
Better Opportunities for
Single Soldiers
Hawaii President

Better Opportunities for
Single Soldiers

Body Builder

Nurse takes title in local competition

By Spc. Joe Bailey
25th Infantry Division (Light) Public Affairs

For Bonnita D. Wilson, symmetry was the key to her success. Her form and proportions were balanced, while her confidence remained undaunted. And in her first competition ever, Wilson captured all three of a possible three first place trophies at the 1996 Hawaiian Classic Body Building Contest Sunday at the Hyatt Regency Hotel, Waikiki. Wilson, head nurse, Orthopedic Clinic, Tripler Army Medical Center, won the women's heavyweight division, the women's overall division and the women's best poser overall.

... I knew my triceps were cut, my deltoids were huge ...

"The women's best poser award was a complete shock to me," said the 5-foot-7-inch, 139-pound Wilson, "because I had to work real hard at it. I don't have a lot of rhythm and I'm no dancer. Once the routine was choreographed, I just worked on it every chance I got."

"With the help of my personal trainer, Billie Scott, (Bloch Arena, Pearl Harbor), who helped me on everything, I was able to work exclusively on the routine, the poses and the movements," said Wilson, who also thanked her husband Val, a Schofield Barracks soldier, for the great support he gave with her two children, Lauren, 6, and Kekoa, 3, the last couple of months. "I was even working on the routine backstage before I per-

formed," said Wilson, "and the audience seemed to enjoy it."

"Genetics helps out a lot, but I knew my triceps were cut, my deltoids were huge and the symmetry of my back and shoulders was outstanding, so I keyed on those areas," said Wilson. "I showed lots of shots of the back and shoulders and it worked."

Dianne Lemon, a 41-year-old, 138-pound master sergeant, Group Logistics, Headquarters and Headquarters Company, 45th Corps Support Group (Forward), placed second in the women's heavyweight division.

"I'm glad the show was here, I was ready to do it, glad to do it and I was ready to eat afterwards," said Lemon, who claimed she ate some pizza after the competition. "Dieting for every show is hard, so when it's finished, I'm ready to eat." "She (Wilson) was bigger and real good," said Lemon. "It takes a lot of work and time to be good in this sport. She took the time and the results speak for themselves."

On the men's side, Bert McKenzie showed his creativity and muscle as he crawled on stage like a king cobra snake.

McKenzie, at 5 foot 7 inches and 165 pounds, placed first in the men's middleweight division and second in the men's overall category. "I just wanted to do my best," said McKenzie, who got support from his wife, Linda, his six children and Maj. Choppa, G-3 Air, Schofield Barracks.

"Every time I compete I try do something different and imaginative," said McKenzie. "What ever the imagination comes up with." Other soldiers who did well in the competition were Brian O'Neal, Bobby Karecz, Robert Fendler and Anthony Sweitzer. All these competitors are now preparing for the Armed Services Body Building Championships April 27 at Pearl Harbor.

Sports & Leisure

.....
Competition and Fun

Quick Stats

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Who did what in the world of sports.

Leon "Maddawg" Madkins, Jr., traveled to Fort Hood, Texas for the 1996 National Military Powerlifting and Bench Press Championships, where he placed first in the 275 pound class. He broke the national military bench press and dead lift records lifting 525 pounds and 750 pounds respectively.

Spc. Madkins, who works in Optometry Services, said he wanted to thank the Schofield Barracks Sports Office for sponsoring his trip.

Ten Quick Tips for Bicycle Safety

Hawaii's warm and sunny weather make bicycle riding a year round sport. With that in mind the Safety Office would like to pass on to you the U.S. Consumer Product Safety Commission's Ten Smart Routes to Bicycle Safety.

1. Protect your head. Wear a helmet that complies with standards of the American National Standards Institute, look for the letters ANSI or the Snell Memorial Foundation. Bicycle helmets can reduce injury by 85 percent.
2. See and be seen. Wear clothes that make you more visible like neon or florescent.
3. Avoid biking at night. It is far more dangerous to ride at night. Young children should never ride after sunset. If you choose to ride at night, ride with reflectors that meet U.S. Consumer Product Commission requirements, and ensure they are visible.

Wear reflective clothing or material. Going farther than white or florescent, reflective material on ankles, wrist, back and helmet make cyclists visible.

Add lights to the front and rear of your bicycle.

Ride in well-lit familiar areas.

4. Stay alert. Always watch for obstacles in your path.
5. Go with the flow. Always ride single file in the same direction as other vehicles, and never allow young children to ride in the street.
6. Check for traffic. Remain aware of the traffic around you. Over 70 percent of car-bicycle accidents happen at driveways or other intersections.
7. Learn the rules of the road and obey traffic laws. You must obey the same rules as motorists.
8. Fit the bicycle to the rider. Make sure the equipment is adjusted for you.
9. Stop. Make sure the brakes work.
10. Check quick release wheels to make sure they are tightened properly.

If you live on a military reservation, check with the Military Police for specific rules about the use of helmets, lights, reflective clothing and other safety items before you ride.

Hawaiian Luau Lunch Buffet

The Tripler Club offers a casual relaxing atmosphere minutes from the hospital. The Hawaiian Luau Lunch Buffet is served on the last Friday of every month from 11 a.m. - 1 p.m. For reservations or more information, call 833-1268.

New Auto Paint Booth

The Schofield Barracks Auto Crafts Center recently announced the opening of a Paint Booth. Patrons can use the booth for a maximum of seven hours and \$15 per hour. For details, call 655-9368.

Environment of Care

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Quality support for your work surroundings.

Under Construction

Heavy construction continues on the Ewa side of the hospital between the main building and the Education Center. Unforeseen conditions and rerouting of utility lines have caused some changes to the planned road closure and traffic flow in the area. The Provost Marshal requests all drivers heed barricades, detours and speed limits during the various phases of new construction around Tripler.

Repair Status Made Easy

Tracking down maintenance status from the Medical Maintenance Branch is easier when you bring the work order number. A quick status can be pulled from the data system with the correct number from Block I of the DA Form 2407.

Recycle

Hospital recycling has expanded to include all office paper, color paper and newspaper. Removing staples is no longer a requirement. The following items will not be accepted: large paper clips, plastics, carbon paper, hardback books, magazines, telephone books, and thermal fax paper. Recycle bins, located near the loading dock of Wing 2A, are open on Wednesdays, from 9 - 10 a.m.

Trained and Ready

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Common Task Training takes place next week at Training Area X across from the Tripler Fitness Center. Contact your unit's Training NCO with questions. The Army Physical Fitness Test kicks off in April and lasts all month for Tripler soldiers. A list of everyone who scores 300 points will be published in the *Caducean*.

Women's History Month Program Set

See history in a new way at Tripler's National Women's History Month observance March 18 at Noon in the Kyser Conference Center. "Getting Somewheres," presented by the Hawaii Committee for Humanities and performed by Living-History Performances is an oral presentation of the history of working women in Hawaii.

The two featured characters are Venicia Guiala, portrayed by Dorene Marie Tagudin and Ida Milles, portrayed by Venus Kapaua'ala. No reservations are required, and the event is open to everyone. Tripler military members and civilian employees will receive one hour of Equal Opportunity training credit for attending the presentation. For more information, contact the Equal Opportunity Office at 433-5813.

Travel May Be Rough This Summer

The 1996 Summer Olympics are coming to Atlanta in a few months. Because of this, soldiers, civilians and their families are reminded to plan as far ahead as possible if their travel takes them through the Southeast region of the United States during that time. With the games scheduled for the area from July 19-August 4, it is anticipated that travel will be very constricted

during this time. Anyone travelling then should be aware that it may be difficult to book airline flights or make hotel reservations. This time of year is a popular choice for change-of-station travel for many soldiers, and officials ask everyone to keep the Olympics in mind when making arrangements, since Atlanta is a major transportation hub. There is a Personnel As-

sistance Point located at the Atlanta International Airport, staffed by the Army's Personnel Command. Soldiers and family members encountering problems or requiring emergency administrative or logistic assistance may contact the PAP at 404-752-4254 or toll-free 800-276-5809. Adapted from an Army Personnel Command news release.

News Watch

.....
Keeping you in the know.

caducean salutes

Promoted

Maj. Delois H. Gamble of the Department of Nursing was promoted to Lieutenant Colonel. Master Sgt. Linda F. Sitney of the Department of Pathology was promoted to Sergeant Major.

Awarded

Lt. Col. David A. Gaule of the Department of Pharmacy earned a Meritorious Service Medal.

Contest Winner

Spc. Brenna J. Rivas of the Department of Pathology won the design contest for the new Commander's Coin of Excellence

Elected

Sgt. Dianne Follis, Social Work Services, was recently elected President of the Hawaii Better Opportunities for Single Soldiers program.

Editor's Choice

The amazing shine on the floors here can be taken for granted, but the *Caducean* salutes the hard-working Housekeeping staff for taking time to put in the extra effort.

Tripler Holy Week Services

Protestant

March 31	Palm Sunday Service	Main Chapel	9:30 a.m.
April 1	Holy Week Service	Meditation Chapel	Noon
April 2	Holy Week Service	Meditation Chapel	Noon
April 3	Holy Week Service	Meditation Chapel	Noon
April 4	Maundy Thursday service	Meditation Chapel	Noon
April 5	Good Friday Service	Meditation Chapel	Noon
April 7	Easter Sunday Service	Main Chapel	9 a.m.

Catholic

March 31	Palm Sunday	Main Chapel	7:30 a.m., 11 a.m.
April 1	Noon Mass	Blessed Sacrament Chapel	Noon
April 2	Noon Mass	Blessed Sacrament Chapel	Noon
	Penance Service	Main Chapel	7 p.m.
April 3	Communion Service	Blessed Sacrament Chapel	Noon
April 4	Mass of the Lord's Supper	Main Chapel	7 p.m.
April 5	Good Friday morning prayer	Blessed Sacrament Chapel	10 a.m.
	Good Friday Liturgical Action	Main Chapel	1 p.m.
April 6	Easter Vigil & Mass	Main Chapel	8 p.m.
April 7	Easter Sunday Mass	Main Chapel	7:30 a.m., 11 a.m.

Chapel Locations

The Main Chapel and Blessed Sacrament Chapel are located on the third floor of Wing D. The Meditation Chapel is located on the sixth floor of Wing A, Room 007.